

NEUROSURGICAL ASSOCIATES, L.L.C

PAUL A. HOUSE M.D., P.C.

5171 South Cottonwood Street, Suite 950

Murray, Utah 84157

Phone (801) 507-9555

Toll Free (866) 804-2193

Fax (801) 507-9550

BURR HOLE EVACUATION SURGERY

Discharge Instructions

Please follow instructions carefully to aid a healthy recovery.

Common Symptoms

- It is common to have headache/pain after surgery, which may last a few days or a few weeks.
- You may feel more tired for 1-3 weeks after surgery.

Wound Care

- Keep incisions dry for 48 hours.
- You may shower (do not bathe) 48 hours after surgery. Do not scrub the incision areas. Pat dry.
- **DO NOT** use hair gels, hair sprays or any other styling products, etc. on hair for 2 weeks.
- **DO NOT** use Hydrogen Peroxide or ointments such as Neosporin, Vaseline, Vitamin E, or any scar creams on incision for 4 weeks.
- Limit sun exposure on incision as it has a higher tendency to burn and remain red.
- **DO NOT** soak in bath, swim in pools, or use hot tubs or sauna for 2 weeks.
- **NO** hair coloring or perm solutions for 6 weeks following surgery.
- **Call us immediately if you see redness, swelling, or drainage on your incision or if you develop a fever over 101.5.**

Medications/Discomfort/Treatment

- You may be given a prescription for a narcotic for more severe pain. This medication can cause confusion, constipation, nausea or a rash. If any of these symptoms occur, stop taking the medication. Only take as needed and gradually taper off as tolerated.
- **DO NOT** drive while taking narcotic pain medication.
- For moderate pain, you may take over-the-counter pain medication (i.e. Tylenol or Ibuprofen).
- You may be given a prescription for a medication that helps prevent constipation. It is important to take this while taking the narcotic pain medication as constipation is a common side effect of narcotics. Please make sure you are drinking plenty of water and eating plenty of high fiber foods.

Activity

- **DO NOT** lift anything greater than 10 pounds for 2 weeks.
- It is important to get daily exercise and walking is a great way to do this. Gradually increase your activity starting with short walks and increasing to 30 minutes a day/1-2 times per day.
- **NO** hot tubs, swimming pools for 4 weeks,
- **Avoid** contact sports, skating, bike riding, or other such activities for 6 weeks.
- **Avoid** activities that increase pressure in the head:
 - Bending over, with head low.
 - Straining / pushing during bowel movement.
 - Prolonged coughing (use cough suppressant).

Follow- Up

You should have a follow up appointment in ~4 weeks, if you do not have an appointment please call **801-507-9555** to schedule.

CALL US IMMEDIATELY

- If you see redness beyond the staple edges, swelling, or drainage from your incision or you develop a fever over 101.5 F.
- If you develop new problems such as may have occurred previously with your subdural hematoma – such as new weakness, difficulty walking.